

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

**2010 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS**

Sponsored by U.S. Marines, and PureTech Water

CIAC Girls Committee Chairman

Paul Newton, Principal  
Enrico Fermi High School, Enfield  
School (860) 763-8800  
[PNewton@enfieldschools.org](mailto:PNewton@enfieldschools.org)

Girls Coaches Chairman

Beth Sarnacki  
Cromwell High School  
School (860) 632-4841, ext. 1856

CIAC Boys Committee Chairman

Donn Friedman, Director  
Adult Education, Meriden  
Office (203) 630-4190  
[don.friedman@meriden.k12.ct.us](mailto:don.friedman@meriden.k12.ct.us)

Boys Coaches Chairman

Mark Dunn  
Stafford High School  
School (860) 684-4233

THE OUTDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS.

**1.0 DIVISIONS**

**2.0 DATES/SITES/MEET DIRECTORS**

**3.0 ENTRY PROCEDURES**

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**APPENDIX A -- LIST OF SCHOOLS BY DIVISION - BOYS**

**APPENDIX B -- LIST OF SCHOOLS BY DIVISION - GIRLS**

**APPENDIX C -- PROTEST REPORT FORM**

**APPENDIX D -- POLE VAULT WEIGHT CERTIFICATION FORM**

***ALERT***  
***BOYS / GIRLS TRACK COACHES***

**DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 27, 2010 by 12:00 p.m., AT WHICH TIME VERIFICATIONS WILL BE SENT TO THE AD AND COACH E-MAIL ADDRESSES ON FILE. SCHOOL OFFICIALS MUST CHECK VERIFICATION FORM FOR ERRORS AND REPORT ERRORS TO CIAC IMMEDIATELY VIA AN ONLINE SUPPORT TICKET (THIS IS THE ONLY CHANNEL FOR SUBMITTING CORRECTIONS, NO PHONE CORRECTIONS WILL BE ACCEPTED). PERFORMANCE LISTS WILL BE POSTED ON THE WEB SITE ON FRIDAY, MAY 28, 2010 BY 3:30 P.M. ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE PERFORMANCE LISTS ARE POSTED.**

Please pay particular attention to the Decathlon, Heptathlon, Steeplechase, and Hammer Throw information. The Track Committee has included all information pertaining to these events into separate packets.

**There will be separate gates for spectators and athletes/coaches. Only athletes listed on the entry form will be admitted free. Additional team members will need to enter and pay at the spectator gate. Two coaches per gender per school only will be admitted through the athlete/coach gate.**

Tents should not be positioned on the ground or in the bleachers in a manner that impedes the view of spectators.

**All boys and girls relays will have a minimum standard to qualify for all Class Championship Meets.**

**All field events in all State Championship Meets will now have a 10 minute check-out limit. Athletes should not check-out before necessary.**

Schools are REQUIRED to submit individual qualifying performances within seven (7) days of achieving the standard. The site and date of the performance must also be entered. These performances will be available for viewing on the CIAC web site. **While relay teams will have to meet qualifying standards, the only entry required for the relay teams will be on the state entry form.** Relay times may be submitted without CIAC on-line eligibility center justification by the May 27, 2010 deadline. Coaches must bring their verification form to the Class Championship Meet.

**NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 p.m. on Thursday, May 27, 2010.**

Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to either chair of the Outdoor Track Committee, Donn Friedman – [don.friedman@meriden.k12.ct.us](mailto:don.friedman@meriden.k12.ct.us) (Telephone 203-630-4190) or Paul Newton – [PNewton@enfieldschools.org](mailto:PNewton@enfieldschools.org) (Telephone 860-763-8800)

**JEWELRY RULE (NFHS Rule 4-3-7) For contestants**

Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

**POLE VAULT (NFHS Rule 7-5-12)**

**The runway adjacent to the pole vault box may be marked with a permanent 1-centimeter or one-half inch line drawn through the top of the box (zero point) and extended ten (10) feet on each side.**

**An area will be provided for a designated coach for pole vault.**

**Note: A COPY OF THE POLE VAULT WEIGHT CERTIFICATION FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL BY A COACH AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.**

**7-5-3: Note: Visible etchings which appear on poles shall not meet the requirement of the manufacturer's pole rating appearing on the pole in a contrasting color.**

Rationale: Most poles have an etching on the pole which is a code to the manufacturer. This code most frequently does not correspond to the proper weight rating for the pole. The rating appearing as the mark in contrasting color is

established by the manufacturer is clearly visible and serves only this purpose. The requirement is for purposes of risk minimization and should be adhered to strictly.

**NFHS Rule effective 2008-09 – 7-5-29:** Clarifies the original intent to permit a competitor in the pole vault to abort the approach and in stopping plant the pole and momentum causes his/her feet to leave the ground without being considered a foul. It is a foul if a vaulter leaves the ground in an attempt and fails to clear the crossbar.

**Rationale:** The change in 7-5-29 last year by the committee was not intended to allow a vaulter to abort a vault but rather to have the opportunity to stop and abort the approach. However, the language was not clear and as written allowed a vaulter to abort a vault. This change clearly reflects the original intent of the committee to abort only the approach and have the opportunity to restart the approach. This exception is appropriate for the high school vaulter.

#### **THE “INTENT-TO-ENTER” FORM HAS BEEN ELIMINATED.**

**NFHS effective 2008-09 rules 6-4-9c, 6-5-9c:** A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.

**Rationale:** The competitor should be able to exit the circle and return to dry his/her hands, clean his/her shoes, wipe off the throwing implement, etc. without penalty providing the throw is completed within the allotted time which begins when the competitor is called “up.”

Two concerns brought before the track committees by coaches and class meet directors are:

**Uniforms** -- A concern was raised that during last year’s class meets, athletes competed in events while not wearing a school issued uniform. Coaches that allow this to occur put the meet director and event official in an awkward position not to mention the athletes. Federation and CIAC rules clearly state that the athlete must wear a school issued uniform. Event officials and meet directors will strictly enforce this rule. Please insure that all athletes who compete in the meet wear an appropriate uniform. Unitards or bodysuits are allowed by NFHS. Members of a relay team must all have the same uniform and unitards must be the same color for all entrants.

#### **Hair-Control Devices and Headbands Clarified (11/16/06)**

There have been numerous questions recently relating to the legality of certain hair-control devices. Players may wear rubber bands, scrunchies, pre-wrap and narrow, multi-colored elastic bands to hold their hair back. These items are not considered headbands and therefore do not fall under the new headband rule. These items do not have to be the same color as the uniform or white, they can be of any color, they do not have to be a single color and they are not subject to the logo restrictions.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited. If a ribbon is being worn *as* a hair-control device, it would be permitted provided it is not judged to be dangerous or inappropriate by the referee.

**Strict Adherence to Minimum Qualification Standards for the Class Meets** -- Let us begin by saying that there was noticeable improvement in this area. Unfortunately, there are some coaches who continue to enter athletes who may not have met the qualification standard. The committees make this assumption because there continues to be a high percentage of athletes who do not come close to the qualifying time or distance at the class meets. We will continue to monitor this again this year. Coaches, it is your responsibility to insure that all athletes who compete in the class meet have achieved (not come close to) the minimum qualifying standard in a regular meet (not a scrimmage or practice). Any coach who continues to disregard entry procedures and standards leaves the committee no choice but to take action against that coach and/or school. We have absolutely no interest in becoming a body who polices our colleagues. Rather, our interest is to insure that our top quality athletes receive the best possible experience.

**NOTE: If a school has more than three (3) qualifiers who have met the minimum qualifying standard in any event, the coach can enter all athletes who qualify within the three event limitation.**

**Relays for the New England Championships** – Schools who qualify for a relay in the New England Championship will be allowed to change their participants to any athlete listed on their state entry. The athlete(s) still must conform to the three event rule at the New England Championship.

If you have any questions, feel free to contact either Donn Friedman at Adult Education Office, Meriden (203) 630-4190 or Paul Newton, Enrico Fermi High School, Enfield (860) 763-8800.

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**2010 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS**

1.0 **DIVISIONS**

- 1.1 Only institutional members of the Conference may enter this tournament which will be in five (5) divisions. Placement of schools has been based on the boy or girl 9-12 enrollment as shown in the 2008-09 CIAC Membership Directory.

Boys:	LL – 821 and over	Girls:	LL – 755 and over
	L – 617-820		L – 619-754
	MM – 469-616		MM – 486-618
	M – 341-468		M – 352-485
	S – up to 341		S – up to 351

2.0 **DATES/SITES/MEET DIRECTORS**

- 2.1 Member school may start practice on, but not before Monday, March 22, 2010.
- 2.2 Member schools may hold the first meet on, but not before Wednesday, April 7, 2010.
- 2.3 **TUESDAY, JUNE 1, 2010** – Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)
- Class LL Championship** - Boys and Girls -- at Manchester High School  
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074  
Home (860) 644-1264
- Class MM Championship** - Boys and Girls -- At Willowbrook Park, New Britain  
Meet Director, James Thompson, 14 Great Plain Road, Norwich, CT 06360  
Cell (860) 608-7145
- 2.4 **WEDNESDAY, JUNE 2, 2010** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)
- Class M Championship** - Boys and Girls -- At Manchester High School  
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074  
Home (860) 644-1264
- Class L Championship** - Boys and Girls -- at Willowbrook Park, New Britain  
Meet Director, Carl Reichard, East Lyme High School, 30 Chesterfield Rd, PO Box 210, East Lyme 06333  
School (860) 739-1481 / Home (860) 572-9426
- 2.5 **THURSDAY, JUNE 3, 2010** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)
- Class S Championship** - Boys and Girls -- At Willowbrook Park, New Britain  
Meet Director, Richard Luke, Cromwell High School, Donald Harris Drive, Cromwell, CT 06416  
School (860) 632-4841 - Voice mail x 1856 / Home (860) 508-3462 / Fax (860) 613-3363

- 2.6 **MONDAY, JUNE 7, 2010** -- Field events start at 1:30 p.m. and running events start at 2:00 p.m. (All scratches must be done by 1:15 p.m.)

**CIAC OPEN Championship** - Boys and Girls -- At Willowbrook Park, New Britain  
Meet Director -- Bill Baron (see address and phone numbers above)

- 2.7 **SATURDAY, JUNE 12, 2010**  
**New England Boys and Girls Track Championship** -- At Willowbrook Park, New Britain --  
Information to be distributed at State Open

- 2.8 **TUESDAY, JUNE 15 , WEDNESDAY, JUNE 16, 2010**  
**CIAC Decathlon, Hammer Throw and Steeplechase & Heptathlon** - At Willowbrook Park, New Britain (Separate section)
- |                                |                              |
|--------------------------------|------------------------------|
| Girls Heptathlon – June 15, 16 | Boys Decathlon – June 15, 16 |
| Girls Hammer Throw – June 15   | Boys Hammer Throw – June 16  |
| Girls Steeplechase – June 15   | Boys Steeplechase – June 16  |

### 3.0 **ENTRY PROCEDURE**

- 3.1 SCHEDULE FORM -- None required in boys or girls outdoor track
- 3.2 CHANGE OF DIVISION FORM -- Not permitted in boys or girls outdoor track
- 3.3 SITE AVAILABILITY FORM -- None required in boys or girls outdoor track
- 3.4 **ENTRY PROCEDURE** -- Entry form must be submitted via the password protected online eligibility center -- by Thursday, May 27, 2010 by 12:00 p.m. Failure to do so will result in disqualification. Entrants not listed will not be allowed to compete. This includes alternates. **AN INDIVIDUAL MAY NOT COMPETE IN MORE THAN THREE (3) EVENTS.**

#### **DIRECTIONS FOR ENTERING ATHLETES**

Complete the following steps:

1. Contact your school person responsible for entering CIAC athletic events.
2. Enter your roster from your CIAC eligibility list.
3. Enter your athletes into the event's qualifying performance form.
4. Be certain to enter the athlete's name and qualifying performance for each event you which to enter.
5. Example -- Running event -- 400 meters of 56 seconds will be entered as 5600.  
Example -- Field event -- Shot put of 42 feet, 6, and one half inches will be entered as 42-06.50
6. Print your verification copy and bring it to the meet.
7. Submit the form to the CIAC.
8. Check the CIAC web site for errors. ([www.casciac.org](http://www.casciac.org))

**NOTE: If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation.**

3.5 **ENTRY FEE** -- \$7.00 per individual entered with a minimum of \$75.00, whichever is greater (Maximum \$250). This must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. **DON'T TAKE THE ENTRY FEE TO THE MEET, IT WON'T BE ACCEPTED.** Make checks payable to CIAC.

3.6 **Late Entry Policy**

- No tournament entries will be accepted after the established deadline (Thursday, May 27, 2010) except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250. (but no entry or late fee will be accepted beyond 3:30 p.m. on Friday, May 28, 2010).
- All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.

**Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

3.7 **QUALIFYING STANDARDS** -- Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled "Qualifying" are eligible to enter the championship meets. Please adhere to this regulation.

3.8 **COACHES MEETING** -- The coaches meetings will begin at 30 minutes prior to the start of ALL State Meets.

4.0 **EXPENSES/TICKETS**

4.1 Schools will bear all traveling expenses.

4.2 Charges for Class and State Open Championships will be  
 Free – children five (5) and under  
 \$5.00 – Senior citizens (age 65 and older)  
 \$5.00 – Students (grades 1-12)  
 \$8.00 – Adults (All others not in the above categories)

4.3 During the Championships, the following passes will be honored at all sites.

- a. Head varsity outdoor track coaches may request from CIAC a pass. A returned self-addressed stamped envelope is required.
- b. Principal (or designee) of participating schools with CAS membership card.
- c. Press Card -- No other complimentary admissions will be permitted.
- d. Athletic Directors of participating schools.
- e. CIAC track officials membership card.

5.0 **FORFEITS**

5.1 When it is discovered that an ineligible competitor participates in a CIAC individual type tournament /meet /match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates, remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from his/her team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last opponent may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country, golf.

## 6.0 OFFICIALS

- 6.1 Meet Directors are responsible for hiring and assigning officials, judges, timers, scorers, starters, inspectors, etc. in accordance with the numbers and types listed in the most current (date) CIAC Handbook.
- 6.2 Automatic timing will be provided by a timing service which has been hired to service all Class Championships and the Open Meet.

## 7.0 PROTESTS

- 7.1 Each meet director will establish a jury of appeals consisting of five (5) members whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final and binding unless there is a challenge to the application of due process.
- 7.2 Protests submitted to the Jury of Appeals must be submitted 30 minutes from the time the results have been announced and entered on the Protest Form included in the packet of information. The form may be found as Appendix C.
- 7.3 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.4 **DECISIONS BY GAME OFFICIALS** -- Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

## 8.0 QUALIFYING

- 8.1 To be eligible for CIAC Class Championship competition, **each competitor must have achieved the following time, distance or height in a regular season meet.** There is a limitation of three (3) competitors per event per school, except relays which is one team per school.

<u>BOYS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
110M H	16.2	16.5	17.0	17.5	17.7
300M Int H	43.0	43.0	43.5	44.0	45.0
100M	11.5	11.5	11.6	11.6	11.7
200M	23.8	23.8	24.1	24.1	24.3
400M	53.5	53.5	53.8	53.8	54.0
800M	2:05.5	2:05.5	2:06.5	2:06.5	2:07.5
1600M	4:39	4:39	4:44	4:48	4:48
3200M	10:15	10:20	10:30	10:45	10:50
4 x 100	46.3	46.3	46.5	47.0	48.0
4 x 400	3:40	3:40	3:43	3:45	3:48
4 x 800	8:50	9:00	9:00	9:10	9:20
Long Jump	20'	19'	19'	19'	19'
Triple Jump	39'6"	39'6"	39'	39'	38'6"
High Jump	5'10"	5'10"	5'8"	5'8"	5'8"
Shot	44'	43'	42'	41'	40'
Discus	125'	120'	120'	115'	115'
Javelin	145'	145'	145'	140'	135'
Pole Vault	11'	11'	10'6"	10'6"	10'

<u>GIRLS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
100M H	17.5	17.8	17.8	18.0	18.0
300M Int H	51.5	51.5	52.5	53.0	53.5
100M	13.3	13.3	13.4	13.4	13.5
200M	28.0	28.0	28.5	28.5	28.7
400M	63.8	64.5	65.0	65.0	65.0
800M	2:32	2:32	2:32	2:32	2:35.5
1600M	5:40	5:40	5:45	5:50	5:50
3200M	12:30	12:30	12:40	12:50	13:10
4 x 100	54.5	54.5	55.0	55.0	55.5
4 x 400	4:25	4:25	4:30	4:30	4:35
4 x 800	11:00	11:00	11:15	11:20	11:30
Long Jump	15'0"	15'0"	14'10"	14'10"	14'6"
Triple Jump	32'	32'	32'	31'	30'
High Jump	4'8"	4'8"	4'8"	4'8"	4'8"
Shot (4 kg)	30'	30'	30'	30'	29'
Discus	85'	85'	85'	85'	85'
Javelin	90'	90'	90'	90'	85'
Pole Vault	8'6"	8'6"	8'6"	8'0"	7'6"

**NOTE: An individual competitor may not compete in more than three (3) events. If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation. Each school may enter one relay team per school composed of four individuals and no more than two alternates. Each time a competitor is listed as an alternate on a relay team it counts as one of the three events permitted for that competitor.**

- 8.2 Qualification for the State Open Championship is as follows: (a) Top five (5) finishers in Class LL, L, MM, M and S divisional championships; (b) All competitors who meet the automatic qualifying standard. The standard will approximate the eighth place finish established in the previous year's State Open Championship.
- 8.3 In the Class and Championship Meets, competitors in the shot, discus, javelin, triple jump and long jump, the three (3) trials and three (3) finals will be observed. The top nine (9) advance to the final round. **NO FIELD EVENT PERFORMANCE WILL BE MEASURED BELOW THE MINIMUM STANDARD SET BY THE MEET DIRECTOR.**
- 8.4 **State Open Championships** - Automatic Qualifying Standard (Marks) (from divisional championships)

**Boys**

100m	11.30	Shot Put	48'6"
200m	22.80	Discus	135'
400m	50.80	Javelin	165'
800m	1:59.00	Long Jump	20'9"
1600m	4:27.00	High Jump	6'2"
3200m	9:45	4 x 100m	44.30
110m H. Hurdles	15.30	4 x 400m	3:30.00
300m Int. Hurdles	41.00	4 x 800	8:16
Triple Jump	43'	Pole Vault	13'0"



**Girls**

100m	12.60	Shot Put	35'6"
200m	26.70	Discus	105'
400m	59.50	Javelin	113'
800m	2:21.00	Long Jump	16'8"
1600m	5:15.00	High Jump	5'2"
3200m	11:25.00	4 x 100m	50.75
100m Hurdles	16.00	4 x 400m	4:08.00
300m Hurdles	47.60	4 x 800	9:48
Triple Jump	34'8	Pole Vault	10'

- 8.5 **Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the Class Championship Finals (excluding trials in running events).** Advancement to the New England Championship is predicated on the competitors performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. The 7th, and 8th place finishers only will be considered as alternates. Athletes who qualify for the New England Championship must declare 15 minutes after the conclusion of the last event or alternates will be designated.

9.0 **RANKING/SEEDING**

- 9.1 Team scoring is 10-8-6-5-4-3-2-1 for an eight lane track. Ties will be scored according to National Federation guidelines. Eight place scoring will occur only when an 8 lane track is used. Otherwise six place scoring 10-8-6-4-2-1 will be used.
- 9.2 In the State Open seeding will be done from the performance of the athletes at the Class meets.
- 9.3 All seeding will be done electronically.

10.0 **SUPERVISION/SPORTSMANSHIP**

- 10.1 An athlete may not compete in the tournament **unless accompanied by his coach or a PROPERLY CERTIFIED REPRESENTATIVE** of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
- 10.2 **ELECTRONIC SOUND EQUIPMENT** such as radios, stereos and tape players and all cooking equipment such as grills and barbecues as well as other distractions are prohibited from the meet area.
- 10.3 Safety is an emphasis at all CIAC events. Many events are potentially dangerous if proper precautions are not observed. The following will be strictly enforced:
- SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE ASSIGNED SPECTATOR AREAS.**
  - Contestants, not actually competing, must remain in assigned areas.
  - Jumpers and throwers may not practice or compete without adult supervision present.
  - Implements are to be secured immediately following the completion of the event and any athlete throwing the implement thereafter will be disqualified from the event (rule 6-2-12).
  - Standards and crossbars are to be removed immediately upon completion of the event.
- 10.4 **COACHES AND ATHLETES ENTERED IN THE MEETS ARE TO REMAIN IN THE AREA DESIGNATED FOR THEM. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**

- 10.5 When a member school's coach is ejected from a MEET for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 10.6 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.
- 10.7 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

The 8 lb. Shot is still **NOT** acceptable (Girls Track).

**THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.**

11.0 **TIME OF MEETS**

- 11.1 All the Combined Class meets will start at 2:30 p.m. Coaches meetings will start at 30 minutes prior to the start of all state meets.
- 11.2 The Combined Open Meet will start at 1:30 p.m.
- 11.3 The field events for class meets begin at 2:30 p.m. and the running events begin at 3:00 p.m. The field events for the open meet begin at 1:30 p.m. and running events begin at 2:00 p.m.

12.0 **TOURNAMENT RULES / PROCEDURES**

12.1 **ORDER OF EVENTS**

**COMBINED STATE CHAMPIONSHIPS**

Girls 4 x 800	.....	Final
Boys 4x 800	.....	Final
Girls 4 x 100M Relay	.....	Final
Boys 4 x 100M Relay	.....	Final
Girls 100M Hurdle	.....	Semi
Boys 110M Hurdle	.....	Semi
Girls 100M Dash	.....	Semi
Boys 100M Dash	.....	Semi
Girls 1600M Run	.....	Final
Boys 1600M Run	.....	Final
Boys 110M Hurdle	.....	Final
Girls 100M Hurdle	.....	Final
Boys 100M Dash	.....	Final
Girls 100M Dash	.....	Final
Girls 400M Dash	.....	Final
Boys 400M Dash	.....	Final
Girls 300M Hurdle	.....	Final
Boys 300M Hurdle	.....	Final

Girls 800M Run	.....	Final
Boys 800M Run	.....	Final
Girls 200M Dash	.....	Final
Boys 200M Dash	.....	Final
Girls 3200M Run	.....	Final
Boys 3200M Run	.....	Final
Girls 4 x 400M Relay	.....	Final
Boys 4 x 400M Relay	.....	Final

#### ORDER OF FIELD EVENTS

(Starting simultaneously -- will be the same at both Manchester and Willowbrook)

**All field events in all State Championship Meets will now have a 10 minute check-out limit.**

Girls Javelin followed by Boys Javelin  
 Boys Discus followed by Girls Discus  
 Girls Shot followed by Boys Shot  
 Girls High Jump followed by Boys High Jump  
 Girls Long Jump followed by Triple Jump  
 Boys Long Jump followed by Triple Jump  
 Boys Pole Vault followed by Girls Pole Vault (or simultaneously)

- 12.2 **Class Meets** - All classes -- High jump and pole vault starting heights will be pre-determined by the CIAC meet director. No performance will be measured below the minimum standard.
- 12.3 The 100m and 110m Hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST EIGHT TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS.**
- 12.4 **Relay Entry Rule**  
 All competitors listed on the Electronic Entry Form must count the listing as one of the three allowable events. This includes those competitors listed as an alternate, being listed as an alternate also counts as one event.
- The Entry Form used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship. As a relay team advances from the Class Championship to the Open Championship, only those runners and alternates whose names appear on the original Entry Form will be eligible to compete in that relay event, no one else. For teams qualifying for the New England Championship, coaches will be permitted to change the relay line-up to include any competitor who is on their state meet eligibility list, provided the athlete does not violate the three event limitation rule at the New England Championship meet.
- 12.5 In the throwing events and the Long Jump, the number of flights will be governed by the number of entries. In the High Jump, the three alive method will be used. In the pole vault, the "five alive" method will be used.
- 12.6 Once a boy/girl scratches after the start of the meet at the class, open, or the start of his/her first event, he/she is scratched from ALL subsequent events in that meet. Scratches will be accepted without penalty up to fifteen (15) minutes prior to the start of all state meets.
- 12.7 ***National Federation rules for uniforms will be strictly enforced.***
- 12.8 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.9 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.

- 12.10 **Manchester High School** -- Lavatories are available, 3/16 pin spikes or less. Javelin will be thrown off grass. Flats recommended for discus and shot put. **NO COMPETITORS WILL BE PERMITTED IN THE BUILDING.**
- 12.11 **Willowbrook Park** -- Lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" or less may be used. No one is allowed to enter the infield. **NOTE:** The javelin and the discus will be thrown inside the Stadium. The javelin runway surface is the same as the track surface.
- 12.12 Teams arriving before dismissal time at any school **should not** enter the building.
- 12.13 **Neither the Conference nor the meet management assumes any responsibility for losses.**
- 12.14 Coaches may be requested by the meet director to furnish competent officials to assist in the direction of the meet.
- 12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the Boys/Girls Track Committees relative to the operation of this tournament shall be final.
- 12.16 It is the athlete's responsibility to be aware of the rules governing his/her event and conduct himself/herself accordingly. It is also his responsibility to promptly report to his/her event.
- 12.17 **Competitors Gate** - Athletes and coaches listed on the entry form will be admitted to the competition area via a competitors gate at each site.
- 12.18 **An area will be provided for a designated coach for pole vault.**

**2010 BOYS/GIRLS OUTDOOR TRACK AND FIELD MEETS**

DISQUALIFICATION REPORT

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_ Heat Number \_\_\_\_\_

Name of Participant \_\_\_\_\_ Number \_\_\_\_\_

Color of Shirt \_\_\_\_\_ Lane \_\_\_\_\_

Infraction \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of Reporting Official \_\_\_\_\_

Referee's Decision \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of Referee \_\_\_\_\_

## APPENDIX A

## 2010 BOYS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

**Class LL -- 821 and Over** (26)

Bridgeport Central	1116
Bridgeport - Warren Harding	835
Cheshire	850
Danbury	1363
East Hartford	982
Fairfield Prep	917
Glastonbury	1049
Greenwich	1422
Hamden	1984
Manchester	1008
Middletown - Xavier	890
New Britain	1532
Newtown	847
Norwalk - Brien McMahon	852
Norwich Free Academy	1203
Ridgefield	903
Shelton	848
Simsbury	832
South Windsor	847
Southington	1042
Stamford	823
Stamford - Westhill	1126
Trumbull	9881
West Haven	821
Westport - Staples	896
Woodbridge - Amity Reg.	841

**Class L -- 617-820** (29)

Bridgeport - Bassick	678
Bristol Central	773
Darien	622
Fairfield - Ludlowe	660
Farmington	686
Groton - Fitch	676
Hartford - Bulkeley	751
Hartford Public	775
Madison - Daniel Hand	630
Middletown	669
Monroe - Masuk	701
Naugatuck	714
New Canaan	617
New Haven - Wilbur Cross	729
New Milford	775
Newington	770
North Haven	638
Norwalk	765
Southbury - Pomperaug	718
Stratford - Bunnell	626
Torrington	636
Waterbury - Crosby	682
Waterbury - Kennedy	623
West Hartford - Conard	707
West Hartford - Wm. Hall	794
West Haven - Notre Dame	679
Wethersfield	633
Wilton	659
Windsor	742

**Class MM -- 469-616** (35)

Avon	543
Berlin	518
Bethel	487
Branford	571
Bristol Eastern	608
Brookfield	517
Colchester - Bacon Academy	479
East Haven	505
East Lyme	611
Enfield - Enrico Fermi	584
Fairfield Warde	613
Guilford	541
Hartford - Weaver	583
Hebron - RHAM	578
Manchester - Cheney Tech	491
Meriden - Maloney	613
Meriden - Platt	571
Milford - Platt Tech.	596
Milford - Jonathan Law	487
Milford - Foran	473
New Fairfield	513
New Haven - Hillhouse	479
New London	481
Redding - Joel Barlow	469
Storrs - E.O. Smith	594
Stratford	484
Torrington - Wolcott Tech.	492
Vernon - Rockville	558
Wallingford - Lyman Hall	559
Wallingford - Sheehan	493
Waterbury - Wilby	588
Waterford	474
Watertown	494
Windham	475
Woodstock Academy	600

## Boys Track Divisions 2010

### Class M -- 341-468 (34)

Ansonia	363
Ansonia - O'Brien Tech.	352
Beacon Falls - Woodland	414
Bloomfield	352
Bridgeport - Bullard Havens	417
Burlington - Lewis Mills	425
Ellington	389
Enfield	460
Granby Memorial	396
Griswold	380
Groton - Grasso Southeastern Tech.	368
Higginum - Haddam-Killingworth	373
Killingly	362
Killingly - Ellis Tech.	412
Ledyard	449
Manchester - East Catholic	374
Middletown - Vinal Tech.	432
Montville	408
North Branford	349
Plainfield	421
Plainville	448
Rocky Hill	382
Seymour	385
Stonington	407
Suffield	402
Tolland	462
Trumbull - St. Joseph	410
Waterbury - Holy Cross	406
Waterbury - Kaynor Tech.	443
Weston	379
Windham Tech.	341
Winsted - N. W. Reg.	367
Wolcott	465
Woodbury - Nonnewaug	390

### No Team (M)

Danbury - Abbott Tech.	402
Meriden - Wilcox Tech.	457

### No Team (S)

Bridgeport - Kolbe Cathedral	143
Hamden - Eli Whitney Tech.	260
New Britain - Goodwin Tech.	295
New Haven - Amistad	
Norwich Tech.	328
Stamford Academy	77
Stamford - Trinity Catholic	239

### Class S -- Up to 340 (45)

Bolton	125
Bristol - St. Paul	164
Canton	281
Chaplin - Parish Hill	99
Clinton - Morgan	285
Coventry	284
Cromwell	281
Danbury - Immaculate	208
Deep River - Valley Reg.	319
Derby	226
Durham - Coginchaug	284
East Granby	121
East Haddam - Hale Ray	194
East Hampton	283
East Windsor	212
Fairfield - Notre Dame Catholic	275
Falls Village - Housatonic Valley	276
Hartford - A.I. Prince Tech.	280
Hartford - Capital Prep.	70
Hartford - Classical	149
Hartford - Sport & Medical Science	193
Hartford - University	188
Lebanon - Lyman Memorial	273
Litchfield	201
Litchfield - Wamogo	179
New Haven - Career	276
New Haven - Hyde Leadership	147
No. Stonington - Wheeler	126
Old Lyme	226
Old Saybrook	264
Oxford	223
Portland	179
Putnam	159
Somers	282
Stafford	257
Terryville	294
Thomaston	183
Thompson - Tourtellotte	198
Uncasville - St. Bernard	185
Washington - Shepaug Valley	175
Waterbury - Sacred Heart	230
West Hartford - N.W. Catholic	301
Westbrook	156
Windsor Locks	308
Winsted - Gilbert School	196

APPENDIX B  
2010 GIRLS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

**Class LL (755 and Over)** (26)

Bridgeport Central	1158
Bridgeport - Warren Harding	834
Cheshire	775
Danbury	1429
East Hartford	924
Glastonbury	1017
Greenwich	1253
Hamden	1024
Hartford Public	775
Manchester	1039
New Britain	1442
New Milford	767
Newtown	861
Norwalk - Brien McMahon	858
Norwich Free Academy	1287
Ridgefield	902
Shelton	813
South Windsor	772
Southington	1055
Stamford	838
Stamford - Westhill	1128
Trumbull	1141
West Hartford - Wm. Hall	755
West Haven	818
Westport - Staples	861
Woodbridge - Amity Reg.	813

**Class L (619-754)** (28)

Bristol Central	670
Bristol Eastern	651
Darien	631
East Lyme	640
Fairfield Ludlowe	734
Fairfield Warde	660
Farmington	672
Groton - Fitch	712
Hartford - Bulkeley	689
Meriden - Maloney	644
Middletown	679
Middletown - Mercy	697
Monroe - Masuk	645
Naugatuck	660
New Haven - Wilbur Cross	710
Newington	697
North Haven	659
Norwalk	752
Simsbury	730
Southbury - Pomperaug	687
Stratford - Bunnell	656
Vernon - Rockville	619
Wallingford - Lyman Hall	631
Waterbury - Crosby	652
Waterbury - Kennedy	675
West Hartford - Conard	745
Wilton	639
Windsor	661

**Class MM (486-618)** (29)

Avon	522
Berlin	509
Bethel	523
Branford	573
Bridgeport - Bassick	582
Brookfield	500
Colchester - Bacon Academy	495
East Haven	527
Enfield - Enrico Fermi	592
Guilford	597
Hamden - Sacred Heart Academy	497
Hartford - Weaver	540
Hebron - RHAM	523
Ledyard	526
Madison - Daniel Hand	600
Meriden - Platt	595
Milford - Foran	525
Milford - Jonathan Law	520
New Canaan	605
New Haven - Hillhouse	486
Redding - Joel Barlow	488
Storrs - E.O. Smith	598
Torrington	594
Stratford	487
Wallingford - Sheehan	495
Waterbury - Wilby	567
Waterford	510
Wethersfield	614
Woodstock Academy	585



2010 Girls Outdoor Track Divisions

**Class M (352-485)** (30)

Ansonia	354
Beacon Falls - Woodland	378
Bridgeport - Bullard-Havens	454
Burlington - Lewis Mills	403
Ellington	387
Enfield	443
Griswold	388
Killingly	439
Manchester - East Catholic	364
Milford - Lauralton Hall	441
Montville	422
New Fairfield	470
New Haven - Career	448
New London	388
North Branford	352
Plainfield	446
Plainville	417
Rocky Hill	390
Seymour	408
Stonington	376
Suffield	447
Tolland	438
Trumbull - St. Joseph	440
Waterbury - Holy Cross	388
Watertown	482
Weston	430
Windham	433
Winsted - N.W. Reg.	448
Wolcott	447
Woodbury - Nonnewaug	452

**No team** (S)

Bridgeport - Kolbe	167
Danbury - Abbott Tech.	177
Hamden - Eli Whitney	261
Meriden - Wilcox Tech.	271
New Britain - Goodwin	183
New Haven - Amistad	
No. Stonington - Wheeler	100
Norwich Tech.	145
Stamford Academy	58
Stamford - Trinity Catholic	278
Sprague - Holy Family	48
Torrington - Wolcott Tech.	249

**Class S (Up to 351)** (54)

Ansonia - Emmett O'Brien	168
Bloomfield	297
Bolton	155
Bristol - St. Paul	137
Canton	257
Chaplin - Parish Hill	97
Clinton - Morgan School	299
Coventry	269
Cromwell	306
Danbury - Immaculate	174
Deep River - Valley Reg.	299
Derby	204
Durham - Coginchaug	284
East Granby	131
East Haddam - Hale Ray	224
East Hampton	311
East Windsor	197
Fairfield - Notre Dame	274
Falls Village - Housatonic Valley	281
Granby Memorial	337
Groton - Grasso/Southeastern	254
Hartford - A.I. Prince	337
Hartford - Capital Prep.	81
Hartford - Classical	203
Hartford - Sport & Medical Science	244
Hartford - University	159
Higganum - Haddam-Killingworth	345
Killingly - Ellis Tech	156
Lebanon - Lyman Memorial	333
Litchfield	207
Litchfield - Wamogo	213
Manchester - Cheney Tech.	106
Middletown - Vinal Tech.	152
Milford - Platt Tech.	288
New Haven - Hyde Leadership	44
Old Lyme	219
Old Saybrook	265
Oxford	190
Portland	182
Putnam	163
Somers	296
Stafford	260
Terryville	266
Thomaston	175
Thompson - Tourtellotte	195
Uncasville - St. Bernard	164
Washington - Shepaug Valley	172
Waterbury - Kaynor RVT	274
Waterbury - Sacred Heart	226
West Hartford - N.W. Catholic	322
Westbrook	137
Windham Tech.	181
Windsor Locks	268
Winsted - Gilbert	204

APPENDIX C

2010 OUTDOOR TRACK AND FIELD MEETS

PROTEST REPORT

\_\_\_\_\_BOYS

\_\_\_\_\_GIRLS

Name of Meet\_\_\_\_\_ Date\_\_\_\_\_

Meet Director\_\_\_\_\_ Site\_\_\_\_\_

Event\_\_\_\_\_ Athlete's Name\_\_\_\_\_

School\_\_\_\_\_

Reason for Protest:

Rule/Procedure in Question (Cite Federation Rule Book):

Coach's Desired Outcome:

Signature of Coach\_\_\_\_\_

Signature of Meet Director\_\_\_\_\_

Signature of Chairman of Jury of Appeals\_\_\_\_\_

Decision of the Jury of Appeals:

APPENDIX D

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

**CIAC OFFICIAL 2010 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

\_\_\_\_ BOYS      \_\_\_\_ GIRLS

School \_\_\_\_\_ Town \_\_\_\_\_

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO MAY 27**

Name of School Medical Official \_\_\_\_\_ Date \_\_\_\_\_

Name of Coach \_\_\_\_\_ Date \_\_\_\_\_

Name of Principal \_\_\_\_\_ Date \_\_\_\_\_

The principal certifies that the information contained on this form is accurate.

**NOTE:**      **A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.**  
For your convenience, make FOUR (4) copies of this form for these three meets.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**2010 BOYS DECATHLON INFORMATION SHEET**

**DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 15, 2010 -- 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m  
Wednesday, June 16, 2010 -- 110m Hurdles, Discus, Pole Vault (starts at 8'6"), Javelin,  
1600m

The competition will start at 11:30 a.m. each day with check-in at 11:00 a.m.

Site: Willowbrook Park, New Britain

Meet Director: Thayer Redman, Manchester High School (860) 647-3521 / Cell (860) 942-0346

**ENTRY PROCEDURE**

1. **Entry Fee** -- The entry fee for the decathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Tuesday, June 8, 2010. Entries submitted later than midnight, Tuesday, June 8, 2010 will be rejected.
3. **Entry Limitations** – Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 4600 points.

**GENERAL**

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three can score 4,600 points.**
2. The decathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1962. The following exceptions will be in effect: Shot and discus will use high school implements and hurdles will be 39".
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one plus anyone scoring 2,500 or more points will advance to the Wednesday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 5 cm increments.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**2010 GIRLS HEPTATHLON INFORMATION SHEET**

**DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 15, 2010 -- 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m  
Wednesday, June 16, 2010 -- Long Jump, Javelin Throw, 800m

The competition will start at 12:00 p.m. each day with check in at 11:30 a.m.

Site: Willowbrook Park, New Britain

Meet Director: James Thompson, Windham High School / Cell: (860) 608-7145

**ENTRY PROCEDURE**

1. **Entry Fee** -- The entry fee for the heptathlon is \$25 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center no later than midnight, Tuesday, June 8, 2010. Entries not submitted by midnight, June 8, 2010 will be rejected.

**GENERAL**

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 3,000 points.
2. The heptathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1986.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one, plus anyone scoring 1,850 or more points, will advance to the Wednesday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
6. **The high jump will increase in 5 cm increments.**

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**2010 BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET**

**DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 15, 2010 -- Girls  
Wednesday, June 16, 2010 -- Boys

Site: Willowbrook Park, New Britain

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340  
School: (860) 449-7234 Home: (860) 572-3973

The Girls Steeplechase will start at 3:30 p.m. The Boys Steeplechase will start at 3:30 p.m.

The race lengths will be: Boys -- 3000 meters (or 2,000 m) Girls -- 2000 meters

**Seeding will be based on submitted 3200 meter times achieved during the 2010 Outdoor Track season.  
PLEASE DO NOT USE OR TRY TO ESTIMATE STEEPLECHASE TIMES!**

**Minimum standards are:**

**Boys – 10:50 for 3,200 meters**

**Girls – 12:40 for 3,200 meters**

**ENTRY PROCEDURE**

1. Entry Fee -- The entry fee for the steeplechase is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Entries must be submitted via the password-protected online eligibility center by Tuesday, June 8, 2010. Entries submitted later than midnight, Tuesday, June 8, 2010 will be rejected.
3. **Boys may be assigned to 2000 m heats based on seed time.**

**GENERAL**

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules will be in effect.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**2010 BOYS AND GIRLS HAMMER THROW INFORMATION SHEET**

**DATES / SITES / MEET DIRECTORS**

Date: Tuesday, June 15, 2010 -- Girls  
Wednesday, June 16, 2010 -- Boys

Site: Willowbrook Park, New Britain

Meet Directors: Girls -- Carl Reichard, East Lyme High School – (860) 739-1481 / Home (860) 572-9426  
Boys -- Tim Kolodziej, Danbury High School – (203) 797-4800

The Hammer Throw will start at 2:30 p.m. each day.

**ENTRY PROCEDURE**

1. Entry Fee -- The entry fee for the hammer throw is \$25.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Tuesday, June 8, 2010. Entries submitted later than midnight, Tuesday, June 8, 2010 will be rejected.
3. **Standard: Boys – 100 feet Girls – 80 feet**  
(Must have reached this distance in practice. **Throws in the competition will not be measured below 90 feet for boys and 70 feet for girls.**)

**GENERAL**

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules in regard to taping and gloves will be in effect.